

RECIPES

National Dysphagia Diet Level 1 **Pureed**

National Dysphagia Diet Level 1

Pureed

Meat Puree

Ingredients:

- ½ c cooked meat, cut in small pieces less than 1" cubed
- 6 T hot broth
- Salt and pepper to taste

Instructions:

- Place meat and broth in blender. Cover.
- Blend until smooth using a pulsing action
- Add salt and pepper to taste; blend again.

Notes:

- Makes 1 serving

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Macaroni and Cheese Puree

Ingredients:

- 1 c prepared macaroni and cheese
- 1 c hot milk

Instructions:

- Place all ingredients in a blender
- Puree until smooth

Notes:

- Makes 1 serving

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Meat Loaf Puree

Ingredients:

- 3 oz meat loaf
- 1 small boiled potato
- 1 small boiled carrot
- 2 T brown gravy
- 1 c beef bouillon

Instructions:

- Cut meat loaf, potato, and carrots into cubes
- Place all ingredients in a blender
- Blend until smooth

Notes:

- Makes 1 serving

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Vegetable Puree

Ingredients:

- ½ c cooked vegetables
- 6 T milk or hot broth
- Salt and pepper to taste

Instructions:

- Place vegetables and liquid in blender
 - A stabilizer may be required to prevent separation of solid and liquid
- Blend on low speed until smooth
- Add salt and pepper to taste; blend again
- Heat and serve

Notes:

- Makes 1 serving

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Fresh Fruit Puree

Ingredients:

- 4 pieces of ripe fruit
- 4 tablespoons of water

Instructions:

- Peel fruit and remove core/seeds/pit
- Slice each piece into 4 slices
- Place fruit in a saucepan with 4 T water and cover the pan
- Cook over medium-low heat until fork tender, about 10-12 minutes
- Blend warm fruit until texture is smooth, similar to applesauce

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Canned Fruit Puree

Ingredients:

- $\frac{3}{4}$ c canned fruit
- 2 T syrup from fruit or fruit juice

Instructions:

- Place ingredients in blender; cover
- Blend on low speed until smooth

Notes:

- Makes 1 serving

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Pureed **Ingredients:**

- 2 ripe avocados
- 1 tomato
- 1-2 T lemon juice
- Garlic salt to taste

Guacamole Puree

Instructions:

- Peel avocados and cut into small pieces
- Mash with a fork
- Cut tomato into small pieces, removing as much skin as possible
- Place all ingredients in a blender; blend until smooth

Notes:

- Makes 1 ½ c

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Maple Sweet Carrot Puree

Ingredients:

- 5 cups fresh, canned, or frozen carrots
- 1/8th cup butter and ¼ cup maple syrup
- salt to taste

Instructions:

- Place carrots in 1 cup salted water, cover the pot, and bring to a boil
- Reduce heat to medium low and simmer until fork tender (able to mash with tines of a fork)
- Drain carrots
- Blend warm carrots with butter and maple syrup until texture is smooth

Notes:

- Makes 8 servings
- If water separates from the carrots, add a stabilizer such as potato flakes or beverage thickener
 - See notes under NDD1 puree for other ideas on stabilizers

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Pumpkin Brownie Puree

Ingredients:

- 1 box brownie mix
- ¼ cup pumpkin puree
- Milk, approximately 3 t per brownie

Instructions:

- Preheat oven to 350 ° F
- Grease 9x9 pan
- In a bowl, mix the brownie mix and pumpkin puree until smooth
- Spread into greased pan and bake 20-25 minutes
- Allow brownies to cool
- Place desired amount of brownie into the blender. Add milk 1 t at a time and blend until smooth texture is achieved.
- If brownie becomes too runny, add a little bit more brownie and blend to thicken

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Lemon Cheesecake Puree

Ingredients:

- ¼ c lemon juice
- 12 oz cream cheese
- 2 eggs, beaten
- ¾ c sugar

Instructions:

- Preheat oven to 350 ° F
- Combine lemon juice and cream cheese, mixing until smooth
- Add beaten eggs and sugar, beating the mixture until fluffy
- Bake for 15-20 minutes
- Cool for 5 minutes, then serve or refrigerate

Notes:

- To add variety, top with seedless strawberry jelly

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Cooking and preparation tips

- Use vegetable cooking water to restore vitamins when pureeing meats and vegetables
- Dry milk powder added to food increases calories and protein
- Remove skins, seeds, pits, bones, tough membranes
- Cut food into small pieces before pureeing
- When pureeing foods, add as little fluid as possible initially, only adding what is necessary at the very end of pureeing to keep it from being too thick
 - Gravy
 - Sauces
 - Vegetable juice
 - Fruit juice
 - Milk
 - Half and half
- When reheating foods, a tough outer crust can form on the food that needs to be removed prior to serving, as it is too hard to swallow.
- To test if the consistency is smooth, rub a small amount between your fingers. If any large particles can be felt, blend again.

National Dysphagia Diet Level 2
Mechanically Altered

National Dysphagia Diet Level 2

Mechanically Altered

Ham Salad

Ingredients:

- 1 ½ c fully cooked ham minced in ¼" pieces
- 1 hard boiled egg minced in ¼" pieces
- 2 t relish
- ½ c mayonnaise
- 1 ½ t yellow mustard

Instructions:

- Chop ham into 1" cubes
- Place all ingredients in a blender and use "chop" setting to mix ingredients well and achieve pieces no larger than ¼"

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Ham Loaves

Ingredients:

- ½ lb pork steak, ground in the food processor
- 1 lb ham steak, ground in the food processor
- 1 c bread crumbs (use stale whole wheat bread and pulse in the food processor until fine)
- 1 c milk
- 2 eggs, beaten
- Pepper
- Sauce
 - 1 ½ c brown sugar
 - ½ c vinegar
 - ½ c water
 - 1 t dry mustard

Instructions:

- Preheat oven to 375 degrees
- Mix pork, ham, bread crumbs, milk, eggs, and pepper in a large bowl
- Roll into small, oval-shaped loaves (2x4 inches) and place in 9x13 baking dish
- Bake for 15 minutes
- Meanwhile, make the sauce
 - Combine all ingredients for the sauce in a large saucepan and boil for 5 minutes
 - Reduce oven temperature to 350 degrees and bake ham loaves for 30 more minutes
 - Baste ham loaves with sauce every 5 minutes

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Shepherd's Pie

Ingredients:

- ¼ c butter
- 1 onion, minced in ¼" pieces
- 4 oz mushroom, minced in ¼" pieces
- 1 lb ground lamb or hamburger
- 1 c water
- 1 packet brown gravy mix
- 2 t Worcestershire sauce
- ½ t salt
- ¼ t pepper
- 2 c mashed potatoes
- 1 egg

Instructions:

- Preheat oven to 425 degrees
- Melt butter and sauté mushroom and onion in a medium skillet
- Remove mushroom and onion from the skillet and brown the meat
- Add the water, gravy packet, Worcestershire sauce, salt, pepper, and sautéed onion and mushroom
- Place in a 9x13 baking dish
- In a mixing bowl, beat the potatoes and egg together until smooth
- Spread over the meat mixture
- Bake for 20 minutes

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Pulled Pork BBQ

Ingredients:

- 2 ½ lb shoulder or butt roast, bone-in, tied or netted
- ¼ c bourbon
- 1 T molasses
- ¾ c cider vinegar
- 1 c water
- 1 t salt
- 2 t red pepper
- 2 t black pepper

Instructions:

- Place roast in slow cooker
- Mixed the other ingredients in a bowl and pour the mixture over the roast
- Cook for 6-8 hours
- Remove the roast and cool
- Pull into shreds with a fork
- Pulse 3 times in the processor (1 second on, 1 second off)
 - Place no more than 2 c of meat in the processor at a time
- Use the liquid from the slow cooker in processing
- Toss the pork with your favorite BBQ sauce

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Tuna Noodle Casserole

Ingredients:

- 8 oz wide egg noodles
- 2 T olive oil
- ½ c minced (1/4" pieces) yellow onion
- 1/3 c minced (1/4" pieces) carrot
- 2 T flour
- 2 ¾ c milk
- 4 oz cream cheese, softened
- 2 T Dijon mustard
- ¼ t salt
- ½ t ground black pepper
- 2 oz grated Parmigiano-Reggiano cheese
- 10 oz canned albacore tuna in water, drained and minced (1/4" pieces)
- Cooking spray

Instructions:

- Preheat broiler
- Cook noodles according to package instructions, drain, and mince (1/4" pieces)
- Over medium heat, cook onion and carrot until fork tender, stirring occasionally. Sprinkle with flour; cook 1 minute stirring constantly. Gradually stir in milk; cook 5 minutes stirring constantly with a whisk until slightly thick. Stir in cream cheese, mustard, salt, and pepper. Cook 2 minutes, stirring constantly.
- Remove pan from heat. Stir in noodles, 1 oz cheese, and tuna.
- Spoon mixture into a shallow, broiler-safe 2-quart baking dish coated with cooking spray. Sprinkle remaining cheese on top. Broil 3 minutes, letting the cheese melt but not become tough or chewy. Let stand 5 minutes before serving.

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Classic Maryland Crab Cakes

Ingredients:

- 1 lb jumbo lump crab meat, fresh or pasteurized
- 1 egg
- ¼ c mayonnaise
- 1 ½ t Dijon mustard
- 1 ½ t Old Bay seasoning
- 1 t fresh lemon juice
- ½ t Worcestershire sauce
- ¼ Kosher salt
- 1 ¼ c fresh breadcrumbs (from soft white sandwich bread)
- 1 T chopped parsley (minced ¼" pieces)
- 2 T unsalted butter
- 1 T olive oil

Instructions:

- Drain crabmeat and pick through it for shells. Put it in a medium mixing bowl and set it aside.
- In a small bowl, whisk egg, mayonnaise, mustard, Old Bay seasoning, lemon juice, Worcestershire sauce, and salt
- Add the mixture to the crabmeat and mixed gently until well-combined. Gently break up lumps with your fingers. All pieces should be smaller than ¼".
- Sprinkle minced (1/4") breadcrumbs and parsley over the mixture and mix them in thoroughly but gently. Cover with plastic wrap and refrigerate 1-3 hours.
- Shape the mixture into 8 cakes about 1" thick. In a 12-inch non-stick skillet, heat the butter and olive oil over medium heat. Add the cakes when the butter is frothy. Cook about 4 minutes and flip, reducing the heat to medium-low, cooking until well-browned on the bottom, 4-5 minutes. If the outside pieces become tough, remove them before serving.

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Crustless Pumpkin Pie

Ingredients:

- 1 t pumpkin pie spice
- 2 t cinnamon
- ½ t salt
- 2 t baking powder
- 1/3 c flour
- 1/3 c brown sugar + 2 T
- 15 oz pumpkin puree

- ¾ c milk + 2 T
- 2 T oil
- 1 T ground flax
- 2 ½ t pure vanilla extract

Instructions:

- Preheat oven to 400 degrees and grease a 10-inch round pan.
- In a large mixing bowl, combine the first 7 ingredients and stir well.
- In a separate bowl, combine all liquid ingredients with flax and stir well.
- Pour the wet ingredients into the dry ingredients, stir to combine, and then pour into the greased pan.
- Bake 35 minutes; it will still be gooey.
- Allow to cool completely before transferring uncovered to the refrigerator to “set” for at least 6 hours before slicing and serving.

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Baked Apple Crumble

Ingredients:

- 1 large apple cored, peeled, and cut into ½" pieces
- ¼ t honey or maple syrup
- Cinnamon
- ½ tsp water
- ½ serving quick oats cooked and cooled
- Brown sugar

Instructions:

- Preheat oven to 350° F
- Place apple pieces, honey or maple syrup, a dash of cinnamon, and water in blender
- Pulse several times until smooth, scraping down the sides of the blender between pulses
 - It should be smooth like applesauce since the apples haven't been cooked to soften first
- Place the mixture in an oven-safe dish and top with 2-3 T oatmeal
- Sprinkle with cinnamon and brown sugar
- Bake 8-10 minutes

National Dysphagia Diet Level 3

Soft

National Dysphagia Diet Level 3

Soft

Autumn Pumpkin Chili

Ingredients:

- 1 medium onion, chopped
- 1 small green pepper, chopped
- 1 small yellow pepper, chopped
- 1 T canola oil
- 1 clove garlic, minced
- 1 lb ground turkey
- 15 oz solid-pack pumpkin
- 14 ½ oz diced tomatoes, undrained
- 4 ½ t chili powder
- ¼ t pepper
- ¼ t salt
- Optional toppings: shredded cheddar cheese, sour cream

Instructions:

- Sauté onion and peppers in oil in a large skillet until tender
- Add garlic, cook for 1 more minute
- Crumble turkey into skillet and cook fully over medium heat
- Transfer food in skillet to a 3-quart slow cooker. Stir in the pumpkin, tomatoes, chili powder, pepper, and salt.
- Cover, cook on low for 7-9 hours.
- Serve with your choice of toppings.
- Yield: 4 servings

National Dysphagia Diet Level 3

Soft

Quiche

Ingredients:

- Eggs
- ½ c dairy per egg
- Pie crust
- Vegetables
- Shredded cheese

Instructions:

- A typical 9" pie plate hold 4 eggs and 2 c cream (slightly less if you use lots of vegetables)
- Pre-cook the vegetables, except mushroom and spinach, which are soft enough to cook with the eggs
- Add the vegetables and shredded cheese of your choosing
- Bake at 375 degrees for about 30 minutes, until browned and set
- Remove crisp edges of the crust before serving

National Dysphagia Diet Level 3

Soft

Baked Salmon

Ingredients:

- ½ c soy sauce
- 2 t dark sesame oil
- 2 oranges, juiced
- 2 T honey
- ¼ c scallions, chopped
- 1 T red chili pepper, minced
- 2 cloves garlic, minced
- 2 t sesame seeds, toasted
- 1 t sriracha
- 2 salmon filets, skin removed
- Nonstick cooking spray

Instructions:

- Mix together all ingredients except salmon and nonstick cooking spray
- Place salmon in marinade and cover in the refrigerator for 2 hours
- Preheat oven to 450 degrees
- Lightly grease a baking sheet with nonstick spray
- Remove salmon from the refrigerator while oven is preheating
- Transfer salmon to baking sheet and bake for 15 minutes

National Dysphagia Diet Level 3

Soft

Tuna Noodle Casserole

Ingredients:

- 8 oz wide egg noodles
- 2 T olive oil
- ½ c chopped yellow onion
- 1/3 c chopped carrot
- 2 T flour
- 2 ¾ c milk
- 4 oz cream cheese, softened
- 2 T Dijon mustard
- ¼ t salt
- ½ t pepper
- 1 c frozen peas, thawed
- 2 oz grated Parmigiano-Reggiano cheese, divided
- 10 oz tuna in water, drained and flaked
- Cooking spray

Instructions:

- Preheat broiler
- Cook noodles according to package directions; drain
- Heat large skillet over medium heat; add oil, onion, and carrot
- Cook for 6 minutes, stirring occasionally
- Sprinkle with flour; cook 1 minute, stirring constantly
- Gradually stir in milk; cook 5 minutes, stirring constantly with a whisk until slightly thick
- Stir in cream cheese, mustard, salt, and pepper; cook 2 minutes, stirring constantly
- Remove pan from heat; stir in noodles, peas, 1 oz cheese, and tuna
- Spoon mixture into shallow, broiler-safe 2 quart baking dish coated with cooking spray
- Top with remaining cheese
- Broil 3 minutes or until gold and bubbly
- Let stand 5 minutes before serving

Resources

- Dysphagia diet recipes and videos
 - <http://dysphagiadietrecipes.com/>
- Dysphagia dessert recipes
 - <https://dysphagiasolutions.wordpress.com/tag/eating-with-dysphagia/>
- Dysphagia cookbook recommendations
 - <https://dysphagiasolutions.wordpress.com/category/cooking/cookbook/>
- Video pureed chicken recipe
 - <https://www.youtube.com/watch?v=Zk5ixXmV2uY>
- Video pureed vegetables
 - <https://www.youtube.com/watch?v=9f0kP4bZ-kc>
- Video on how to puree foods
 - <https://www.youtube.com/watch?v=SBOyO0WqiGo>

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- Video on how to make a slurry for pureed foods
 - <https://www.youtube.com/watch?v=t3mKLAfcf5w>
- Video on Mechanical Soft and Pureed Textures how to
 - <https://www.youtube.com/watch?v=YHYo8FY8sao>
- Example of Chopped foods video
 - <https://www.youtube.com/watch?v=kiHDHIALbe0>
- Example of Ground foods video
 - <https://www.youtube.com/watch?v=4XMTUkhi3cc>